

Volunteer, Inmate Leisure Time & Self-Help Program Inventory 2010

CENTRAL CALIFORNIA WOMEN'S FACILITY (CCWF) 23370 Road 22 Chowchilla, CA 93610		David P. Dougherty Community Resource Manager (559) 665-5531, ext. 7233
	Name of Program	Summary Description
1	Aerobics for Health	A class using medium to high impact aerobic moves to increase heart rate and improve health
2	Alcoholic Anonymous (AA)	12-step recovery program where inmates learn to acknowledge alcohol addiction and the need to live a sober life
3	Alcoholics Anonymous (AA) Spanish	12-step recovery program where inmates learn to acknowledge alcohol addiction and the need to live a sober life in Spanish
4	Alternatives to Violence Project (AVP)	Classes regarding changes in violent behaviors
5	American Sign Language	A self-help group that meets once a week teaching sign language
6	Battered Women's Support Group	A self-help group that meets weekly as a support network for women who have suffered the effects of domestic violence
7	Beyond Incarceration	Inmate education offered by two Superior Court Judges regarding drug/alcohol abuse
8	Celebrate Recovery	12-step recovery program for dysfunction including drugs, alcohol, sexual abuse, and anger
9	Comfort Care (HOSPICE)	A self-help group of trained inmate volunteers comforting the terminally ill inmates housed in the skilled nursing facility. They meet three times a month for continuing training.
10	Cultural Awareness Organization	A group activity providing speakers and presentations on cultural diversity
11	Dance for Fitness	A class using dance moves for a physical fitness workout

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12	Diet and Nutrition	A class to educate on current nutrition facts and proper management
13	Dream Group	A self-help group that focuses on what dreams teach us
14	Enneagram	A self-help group that focuses on personality inventory process
15	Get Out and Stay Out (GOSO)	A self-help group of inmate facilitators training their peers on interviewing, resume writing and reentry opportunities
16	Girl Scout Behind Bars	A self-help group that encourages and promotes reunification and positive relationships
17	Grief Workshop	A self-help group that offers tools to cope with grief and loss
18	Houses of Healing	A self-help group that focuses on how to deal with anger, self-worth, and forgiveness
19	Juvenile Offender's Committee	A self-help group that provides tools for rehabilitation education, self-help, self-esteem, self-worth and a successful reentry into society
20	Kairos	A self-help group teaching on love, respect of oneself and others
21	Long Termers Organization (LTO)	Meets concerning lifer issues, updates on current laws
22	Narcotics Anonymous (NA)	12-step recovery program where inmates learn to acknowledge narcotics addiction and the need to live a sober life

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23	Path of Christian Living	A self-help group that deals with making peace with relationships
24	Purpose Driven Life	Promoting change in responding to anger, reducing drug use, change in criminal thinking
25	Purpose Driven Life Spanish	Promoting change in responding to anger, reducing drug use, change in criminal thinking in Spanish
26	Second Chance	A self-help group that meets once a week to help inmates from San Francisco to prepare for reentry
27	Self Awareness	A self-help group that meets once a week dealing with self-reflections, worth, goal setting and confidence
28	Self Esteem/Curves	A class using Curves equipment to help tone muscles with a variety of movements to help with confidence and self esteem
29	Silver Foxes	A self-help program that meets monthly to discuss the needs of the aging population
30	Stress Management/Yoga	A class using yoga techniques, such as deep breathing/stretching, to help relieve stressors
31	The Lioness Tale Prison Project	A self-help group that practices the 12-step program and enneagram theory and personality
32	The Secret Group	A self-help group that focuses on changing attitudes for reentry
33	U-Turn	A self-help group that meets twice a month to provide drug and alcohol diversion programs to middle school children

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34	Veterans' Support Group	A self-help group that meets twice a month to provide Veterans' Affairs benefit and re-entry information to vets as well as projects to support community charities
35	Weltone	A class using a combination of bands, aerobic, etc. to give a combination workout
36	White Bison	12-step alcohol and chemical dependency diversion program
37	Women of Color	A self-help group that focuses on learning to embrace your self worth
38	Women of the Bible	A self-help group that meets once a week to discuss healthy relationships

Updated annually in May